

Express Workouts

Express workouts are designed for those who are short on time and need to work out. These three 20-minute workouts cater to every fitness level. Each one is designed to maximize time and efficiency.

Start each workout with a 5-minute warm-up and stretch.

The cardiovascular workout

Choose any cardiovascular activity....walk, jog, cycle, elliptical, stairclimber, rower. Alternate every two minutes from moderate effort to two minutes of harder effort for 20 minutes (depending on your fitness level). Work at your own pace. If you aren't very fit at the moment, alternate between low resistance and no resistance. Whatever activity you choose in your cardio workout, try not to repeat it again for 48 hours to ensure maximum recuperation and progression. Complete a cool down and stretch.

The cross training workout

The cross training workout is done by using different pieces of equipment to work different muscle groups. Cross training gives you a total body workout and is a great way to keep your exercise regime interesting and fun. Start by warming up and stretching. Do 5 minutes each on four different pieces of equipment. Example: Walk on the treadmill, followed by rowing, the elliptical trainer and cycling. Any combination of machines will do. Complete the cool down and stretch.

The strength training workout

The strength training workout is done by completing one full circuit of the strength training machines. This can also be done using free weights. The objective is to work all the major muscle groups. Work slowly, do one set of 10-20 repetitions of each exercise, but move quickly from one exercise to another. By moving from one exercise to another, you not only stimulate the muscles but increase your heart rate. Complete the cool down and stretch.